Multidimensional Dream Inventory (MDI)

Purpose The 12-item scale was designed to assess individual differences in four separate domains of dream experience: vividness, usefulness, recall, and importance (the degree to which dreams feel personally relevant). Developers intended the scale to function as a tool for "studying the consequences and correlates of dreams" [1] – a measure providing insight into the nature and function of personal differences in dreaming.

Population for Testing The scale has been validated with individuals aged 17–50 years.

Administration A short, self-report, paper-and-pencil measure, the MDI requires less than 5 min for administration.

Reliability and Validity Developers Kallmeyer and Chang [1] have analyzed the scale's psychometric properties and have found an internal consistency ranging from .64 to .73. They also demonstrated that the scale's four factors – labeled importance, vividness, usefulness, and recall – account for 66.7% of the variance.

Obtaining a Copy An example of the scale can be found in the original article published by developers [1].

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Scoring Using a 5-point, Likert-type scale, respondents indicate the degree to which they agree with a variety of statements about dreaming. The scale ranges from 1, meaning "strongly disagree," to 5, "strongly agree." Higher scores denote a greater endorsement of each of the scale's four factors, indicating a higher degree of importance, vividness, usefulness, and recall ascribed by the respondent to his or her dreams.

Multidimensional Dream Inventory

1 = Strongly Agree
5 = Strongly Disagree

1	I think dreams can have personal meaning	1	2	3	4	5
2	My dreams have colours	1	2	3	4	5
3	I believe that dreams can predict the future	1	2	3	4	5
4	I remember my dreams in the morning at least once a week	1	2	3	4	5
5	I feel that every dream has a specific meaning	1	2	3	4	5
6	My dreams have sound	1	2	3	4	5
7	I have dreams that help me deal with problems in waking life	1	2	3	4	5
8.	I often remember my dreams when I wake up	1	2	3	4	5
9.	I believe that dreams reveal something about the dreamer's personality	1	2	3	4	5
10.	I often feel emotions when I dream	1	2	3	4	5
11.	If I had a dream that "gave me advice," I would follow that advice	1	2	3	4	5
12.	I remember my dreams when I wake up, but I often forget them quickly	1	2	3	4	5

Reference

1. Kallmeyer, R. J., & Chang, E. C. (1997). The multidimensional dream inventory: preliminary evidence for validity and reliability. *Perceptual and Motor Skills, 85*, 803–808.

Representative Studies Using Scale

None.